



Friendship Heights

VILLAGE NEWS

APRIL 2022

VOLUME 39, NO. 4 www.friendshipheightsmd.gov

301-656-2797



**Ukrainian Egg
Workshop
see page 2**

We're celebrating Community Day again!

Our annual celebration returns after a two-year pandemic pause

For more than 30 years, the Village Center has served as the home of the Friendship Heights Village Council and as a central gathering place for residents of Friendship Heights. Each year until the pandemic hit in 2022, residents and friends met to celebrate the anniversary of the opening of the Village Center on April 13, 1986.

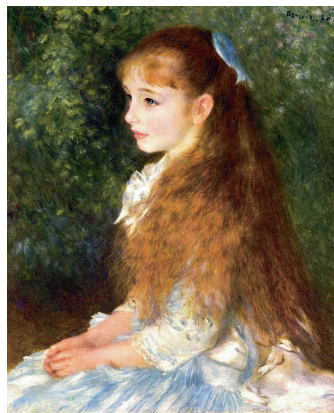


The festivities return this year on **Saturday, April 9, from 1 to 2:30 p.m.** in Hubert Humphrey park in front of the Village Center.

This family-friendly event will feature barbeque and sides from Famous Dave's, something sweet for dessert, music from Silver Sounds jazz band, and activities for all ages.

Schwartz discusses Renoir's "three sisters" and art theft

Early in his career, Renoir painted the three daughters of a wealthy Belgian Jewish banker in 1880. The first painting, of the eldest Irène Cahen d'Anvers, is popularly known as "The Girl with the Blue Ribbon." The second, called "Pink and Blue," portrayed the two younger daughters. The owners hated the portraits and stored them in a closet in the servants' quarters. But what happened to those pictures, and what fate awaited the three sisters during World War II? One painting was looted, catalogued and sent to Germany. Another arrived through irregular channels in a South American museum.



On **Thursday, April 7, at 2 p.m.** at the Village Center, Helen Schwartz, author of the historical thriller "Thieves of Paris," will discuss how Nazi art theft worked, how some paintings were returned and others reappeared in surprising new places. Hear the stories of the three sisters and how two survived the war.

Continued on page 7, see Schwartz



Exploring Medieval English towns with Nick Glakas

Join us on **Thursday, April 21, at 7 p.m.**, at the Village Center as our guide Nick Glakas transports us through time to some of the most picturesque Medieval towns of England. Glakas is a former naval officer, international lawyer, cruise lecturer and a graduate of Cambridge.

Our journey will begin in Cambridge, with a tour of its loveliest colleges, and then on to the medieval cathedral towns of Lincoln, York, Durham, Salisbury, Oxford and Canterbury, with side trips to Bath, Stonehenge, Stratford and Rye.

Though the age they sprang from faded long ago, the imposing castles and soaring cathedrals that grace the towns and villages of England keep its medieval heritage

Continued on page 11, see England

Bird migration takes flight, see page 4.

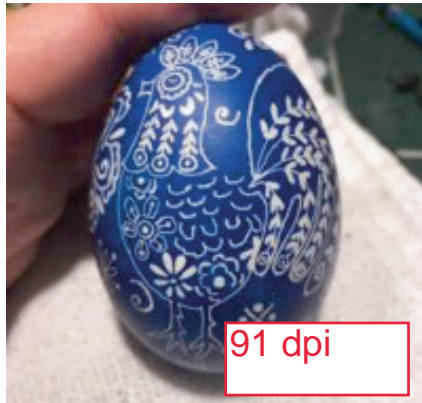
Pysanky Workshop: Decorating Eggs Ukrainian-Style with Natalia Kormeluk

Learn the beautiful art form of decorating eggs during workshops at the Village Center on **Saturday, April 2.**

A children's workshop (ages 5 to 13) will be held from 10 a.m. to 1 p.m., with a short snack break.

The Adult (ages 14 to adult) workshop is from 2 to 5 p.m.

Through a hands-on process participants of the workshop will be instructed in the art form of decorating eggs with a wax-resist process and multiple applications of colored dyes. The tradition of "Pysanky" or writing on eggs with a stylus and beeswax is a 2000 year old Ukrainian tradition that melds pre-Christian legends with Christian beliefs and practices to celebrate spring and Easter. A limited number of egg decorating kits will be made available for purchase



at a separate price.

Natalia's own experience with this process stems from many years of welcoming spring and the revival of nature after winter. The act of writing on eggs with wax is a way of participating in the renewal process. The egg is a universal symbol of good fortune and good wishes practiced in many different cultures. The cost is \$35 for residents and \$45 for nonresidents. It includes instruction, cleaned eggs, dyes, beeswax and hand out printed materials along with the decorated eggs completed during the workshop.

Sign up at the Village Center. Space is limited.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

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Village Council Update

Council selects GreenSweep proposal to redesign Page Park

At the Village Council meeting on March 14, Council members and residents heard presentations from the three landscape design firms chosen to participate in the Page Park design competition: GreenSweep, Pineapple Landscaping, and Tenleytown Lawn & Landscape. Following a lengthy discussion and question/answer session with residents, the Council voted to approve the design proposal from GreenSweep, with two modifications: 1) include a "signature" tree in the center of the park; and 2) reduce the amount of hardscape in the plan.

The Council Parks and Grounds Committee will meet with GreenSweep to work on these modifications, and a revised design plan with modified cost will be presented at the April 11 Council meeting. Our thanks to all three firms for their participation in the design competition.

Speed hump installed on The Hills Plaza near South Park Avenue

We have installed a speed hump in the southbound lane of The Hills Plaza at the intersection of South Park Avenue (near the police statue). The rubber speed hump



has yellow reflectors and is designed to allow cars to drive over it relatively easily at a slow speed. This follows the recent installation of an additional safety measure

at the same location, the flashing LED pedestrian warning sign.

Council member Bruce Pirnie, who serves as Chair of the Parks and Grounds Committee and led the effort to obtain the speed hump, conducted a brief survey that showed a decrease in the number of cars that did not stop at the stop sign after the speed hump was installed. It appears to be working well so far.

Council authorizes exploration of providing concierge services

At the March 14 meeting, the Council voted 4-3 to explore the possible provision of contracted concierge services to Village residents, following discussions held by the Council Ad Hoc Committee.

The Village will issue a public notice seeking non-profit organizations interested in providing these services, which would include volunteers to provide car rides and phone calls to enrolled members, and helping coordinate social programs with Village staff. We will then follow up with interested organizations to develop contract specifications and solicit proposals.

Council supports concept of dog park at Willard Avenue Park

The Council voted unanimously to express support for the creation of a dog park in Willard Avenue Park, the County park located just past 4701 Willard Towers. The dog park would be built on the site of the house at 5320 Willard Avenue, which is owned by the County and would be torn down. Montgomery County Council member Andrew Friedson, Planning Board Chair Casey Anderson and the County Parks Department are interested in installing a dog park and are seeking the support of community members.

COVID test kits and masks at Center

COVID rapid at-home test kits and N95 masks are available at the Village Center front desk. Come and pick them up any time during the Center's open hours, 9 a.m.-9 p.m. Monday-Thursday, 9 a.m.-5 p.m. Friday, and 9 a.m.-2 p.m. Saturday-Sunday.

The federal law requiring masks on all forms of public transportation has been extended to April 18, so masks are still required on the Village shuttle bus.

Shredding truck returns April 12

Our shredding service with Shred-It returns to the Village on **Tuesday, April 12**, from 5 to 7 p.m. The shredding truck will park on Friendship Boulevard near the Village Center and Humphrey Park. Residents are invited to take advantage of this free service.

Prescription Drug Take-Back Day

The Village is once again participating in National Prescription Drug Take-Back Day, sponsored by the Drug Enforcement Administration, on **Saturday, April 30**, from 10 a.m. to 2 p.m. A County Police officer will be in the Village Center lobby to collect and safely dispose of your unused or unwanted prescription drugs.

Other actions taken at the March 14 Council meeting:

- Approved revision of Village Center rental policy to limit rentals to Village residents only.
- Approved proposal from Chamberlain Contractors to clean Village storm drains at a total cost of \$6,805.

The next Council meeting, open to the public, will be Monday, April 11, at 7:30 p.m., at the Village Center.



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Swooping into spring migration

Join us on **Tuesday, April 12 at 2 p.m.**, via Zoom, as we welcome back acclaimed author and birder Sneed Collard, to discuss his experiences observing and studying bird migration throughout the United States and beyond.

In a follow up to his fascinating talk on winter birding in February, Sneed will discuss how spring migration, not only heralds the end of winter, but also connects people with nature in deeply profound ways. The same hardwired impulses that drive birds to travel thousands of miles each year also shape human behavior, even if we do our best to cover them up. In this talk, Sneed will provide hints on how we can all better observe and enjoy one of earth's most stunning enterprises -- as well as do things to make sure migrating birds have everything they need, once they get to the U.S. every year.

Please call the Center at 301-656-2797 or email info@friendshipheightsmd.gov, to register for the free talk and receive the zoom link.

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72 dpi



ART AND CULTURE

Friendship Gallery offers photography and fiber arts in April



The Morphing Cosmos by Craig Carlson

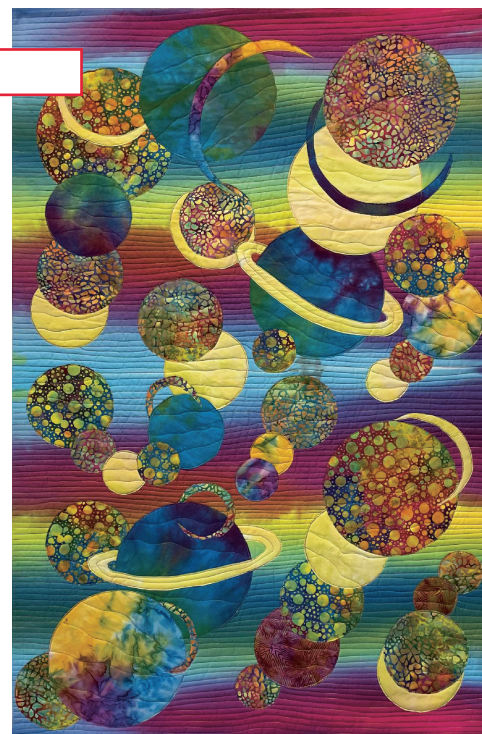
Friendship Gallery presents the North Bethesda Camera Club's "at Found Abstracts" exhibition. Curated by Cherry Wyman, the show runs from **Monday, March 21 through Saturday, April 9**. The camera club has been active in the Bethesda area for 57 years and boasts more than 175 members.

Meet the artists during a **reception at the Village Center on Sunday, March 27, from 11:30 a.m. to 1 p.m.**

The Village Center is open Monday through Thursday 9 a.m. to 9 pm, Friday 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m.

Art in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk upon arrival. All sales are final.

72 dpi



**In the Galaxy 4
by
Donna Radner**

From April 11 to May 14, the Friendship Gallery will host an exhibit of colorful fiber art by a group of professional artists called Fiber Friends. (This groups is not affiliated with the Friday Fiber Friends at the Village Center.) This exhibit includes the work of six fiber artists — Marina Baudoin, Barbara Eisenstein, Elizabeth Davison, Melinda Lowy, Donna Radner and Dianne Wolman.

In April, meet the artists reception during a reception on Sunday, April 24, 11 a.m.- 1:30 p.m.

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CLASSES AND CLUBS

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All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver with Covid protocol when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART, LANGUAGES AND MORE

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., April 20 to May 25. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a 5-week Spanish conversation group on Thursdays, 4 to 5:30 p.m., April 14 to May 19. English will NOT be spoken during the sessions. **\$10.** Minimum of five participants; maximum of eight.

BEGINNING SPANISH 3

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts an 4-week Spanish class, with an emphasis on grammar and vocabulary, on Mondays, 5:30 to 7 p.m., April 4 to May 23 **\$200.** Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND COORDINATION

A 5-week class, Mondays, 12 to 12:50 p.m., May 9 to June 13, taught by Tonya Walton. Class will not meet April 4. Designed to improve your balance and coordination. This class

will improve the communication between your muscles and your brain. It will consist of routines to strengthen your core and improve your overall mobility. All exercises are performed while standing and sitting (no floor/mat work). \$62 for residents; \$75 for nonresidents. For details, contact Tonya at Tonya@Krucialfitness.com.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., taught by Cheryl Clark, April 6 to April 27. This class teaches strategies for basic balance and will aid in developing fall prevention techniques to improve your ability to perform daily activities safely. Will help to build your confidence maintaining your balance while strengthening key muscle groups. The class is a prerequisite for the more complex Balance in Movement class. Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for more than 15 years.

SEATED YOGA & MEDITATION

A 4-week session, Thursdays, 10:30 a.m. to noon, April 7 to April 28. Students are seated in chairs or use chairs for support. The class includes stretching, gentle breathing, and guided meditation proven beneficial to the immune system. The class is designed to improve posture, balance, strength and flexibility. Emphasis on breathing techniques. Instructor Louisa Klein has more than 40 years teaching experience. \$47 for residents;

\$55 for nonresidents.

STRENGTH TRAINING

A 5-week session, Mondays, 11 to 11:50 a.m., May 9 to June 13, with Tonya Walton. Class will not meet April 4. Designed to help seniors maintain their strength, flexibility and independence, with both standing and seated exercises using body weight and resistance bands (no floor/mat work). This class will help ward off age-related muscle loss, keep your bones strong, and promote mobility. \$62 for residents; \$75 for nonresidents. For details, contact Tonya at Tonya@Krucialfitness.com.

DC TAI CHI (INTRODUCTION)

A 6-week session, Mondays, 9:30 to 10:30 a.m., April 11 to May 15. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$75 for residents; \$80 for nonresidents.

DC TAI CHI (ONGOING)

A 6-week session, Wednesdays, 9:30 to 10:30 a.m., April 13 to May 17. Taught by internationally recognized Master Nick Gracenin. Study the

The Village Book Club will meet on **Tuesday, April 19, at 11:30 a.m., via Zoom.** The book selection is *Libertie* by Kaitlyn Greenridge. The May book selection will be *Harlem Shuffle* by Colson Whitehead.

forms and routines of traditional Tai Chi. Fundamental training is required; maximum number is 20. \$75 for residents; \$80 for nonresidents.

YOGA

A 6-week Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga," on Sundays, 9:10 to 10:30 a.m., will begin in May. Please call the Village Center after April 15 for details. The cost is \$90 for residents; \$95 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. Nurse consultations, Tuesdays, 2 to 4 p.m.

CANASTA

An informal group plays canasta on Wednesdays, 2 to 4 p.m. Call 301-656-2797 to register.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m., at the Village Center. Call Greg Drury at 202-674-8102 for details

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to noon, and currently meets at the Village Center.

DROP-IN TAI CHI

Student-led sessions meet Fridays, 9:15 to 10:15 a.m. at the Village Center. Includes stretching, Tai Chi warm-up exercises, Tai Chi (24 Yang-style), self-massage, and ends with Qi Gong exercises.

EXPRESS YOURSELF

Susan Wranik leads an aphasia support group, sponsored by the NIH Suburban Hospital Stroke Program. Meets via Zoom on the second Tuesday of the month at 3 p.m. Call

Susan Wranik at 301-520-2332 or email susan@speakskill.com.

FRIDAY FIBER FRIENDS

Knitters, crocheters, weavers, and other fiber enthusiasts meet on Fridays, from 1 to 2:30 p.m., at the Village Center. Call Joan Lewis at 301-452-4466 for details.

GREAT BOOKS GROUP

Meets Mondays at 10 a.m., via Zoom. Call Judith Abrahams at 301-215-6950 or Jean McNelis at 301-656-6695 for more information.

TEA

Village residents and guests are invited to enjoy refreshments and conversation, Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday a month via Zoom. Email Sheila Manes at manessheila@gmail.com.

WALKING CLUB

The club takes two-mile, hour-long walks on Tuesdays, Thursdays, and Saturdays, starting at 8:15 a.m. at the Village Center. Call Eniko Basa at 301-657-4759.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish via teleconference. Call Maurice Singer at 202-362-0883 for details.



Tour offers rare access to the D.C. Mormon Temple

Tour the newly renovated D.C. Mormon Temple **Tuesday, May 10**, before it shuts its doors this fall to the general public once again. We'll depart from the Village Center at 9 a.m. and should return by 12 noon.

The cost is \$30 per person and includes round-trip transportation and entrance to the temple and grounds. Sign up at the Village Center.

Schwartz, continued from page 1

Schwartz, presents talks about Nazi art theft and oppression of Jews in France during World War II. A retired professor of English, she has travelled widely on exchange programs to Hungary and China and taught on Fulbrights in the Netherlands and Turkey. It was in an Istanbul Jewish museum that she first ran across Irène Cahen d'Anvers, who married into a Turkish Jewish family, the Camondos.

Copies of her book will be available for purchase.

Please stop by the Village Center or call 301-656-2797 to reserve a space.

As a courtesy to our speakers, authors and performers,
and during movies—

- Turn off cell phones.
- Arrive on time for all events. If you arrive late or must leave early, please wait for a break in the performance to enter or exit.
- Please do not bring computers or reading materials to the concerts, lectures or movies.

CONCERTS

Concerts are held Wednesdays from 7 to 8 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, April 6 —Trans Atlantic Duo- Guitarist and vocalist Vladimir Fridman joins Alexander Paperny, who play the balalaika, as the duo explores the world's musical heritage. The program is a mix of eclectic enchantment replete with classical favorites from Mozart and Bizet, bossas and tangos from Brazil and Argentina, and Jewish folk tunes and European music.

Wednesday, April 13 —Robert Redd and Sue Matthews —Robert is a current member of the Duke Ellington Orchestra, performing throughout the U.S. and abroad. He was a member of the late Keter Betts trio for 13 years and continues as a pianist and leader of the Wolf Trap Jazz Trio, which was started by Betts. From 1995-1998, Robert was pianist and musical director for singer/songwriter Kenny Rankin. He performs often with the Smithsonian Jazz Masterworks Orchestra, and frequently worked as a member of the Charlie Byrd Trio. He will be joined by jazz vocalist Sue Matthews, who incorporates cabaret and traditional pop elements into her performances.

Wednesday, April 20 —Tango Reo—Tango Reo is a Washington D.C. area tango group. They have been delighting audiences throughout Maryland, DC, and Northern Virginia for several years. Besides tango dance events, the group provides a unique concert experience, representing the vibrant and seductive rhythms that comprise a tango repertoire, along with some entertaining background information.

Wednesday, April 27 —Haskell Small —Haskell Small's musical career has taken him from his native Washington, D.C., to Europe, Asia, and South America, as well as throughout the United States. He has performed at Carnegie Hall, Kennedy Center, the Spoleto Festival, and on PBS specials. The Washington Post said, "Technical prowess became poetry...each note a liquid jewel." Small performs standard classical repertoire along with some of his own compositions, including pieces that have been commissioned by various symphony orchestras, the Washington Ballet, and the Phillips Collection.

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MOVIES

All movies begin at 7 p.m. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, April 7, 7 p.m.—Movie—The Shawshank Redemption—Andy Dufresne is a man wrongly convicted of murdering his wife and her lover. The accountant finds himself serving two life terms in a prison run by a corrupt warden and cruel prison guards. Over time, Robbins befriends Red, one of the other inmates. He also curries favor with the warden keeping the books for the prison. When an opportunity to establish his freedom as an innocent man surfaces unexpectedly, the warden makes sure it will never see the light of day. Stars Tim Robbins and Morgan Freeman. Rated R. Running Time: 142 minutes

Thursday, April 14, 7 p.m.—Movie—Marry Me—Music superstars Kat and Bastian are about to get married onstage, with the ceremony streamed over multiple platforms, reaching a global audience. When Kat discovers that Bastian is having an affair with her assistant, she calls

off the wedding and does something impulsive—marries someone in the crowd. That would be Charlie, a divorced high school math teacher who has been dragged to the concert by his daughter. Will Charlie and the singer find true happiness? Or will their vast differences doom the relationship? Stars Jennifer Lopez and Owen Wilson. Rated PG-13. Running Time: 112 minutes.

Thursday, April 21, 7 p.m.—Medieval Towns and Villages by Nick Glakas— see page 1 for details.

Thursday, April 28, 7 p.m.—Movie—Sing 2— This family friendly movie is the sequel to the 2016 animated musical comedy, Sing. Buster Moon is the impresario who plans to bring his performers to the entertainment capital of the world. But first he must convince the world's most reclusive rockstar to join them. Features the voices of Matthew McConaughey, Bona, Reese Witherspoon and Scarlett Johansson. Rated PG. Running Time: 110 minutes.

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All about acupuncture

Did you know acupuncture is just one modality in a larger system of medicine known as traditional Chinese medicine (TCM)? TCM originated in ancient China and has evolved over thousands of years as it spread to other east Asian countries and eventually the West. In addition to acupuncture, TCM practitioners use herbs, moxibustion, and cupping to treat a range of conditions.

Another component of TCM is dietetic therapy. Come find out what foods are best to eat in the spring, and for particular conditions. Kimberly Coleman, a Registered Nurse and Doctor of Acupuncture, will be offering an overview of TCM along with dietary suggestions for spring and self-care treatments for common springtime conditions, such as seasonal allergies and strains/sprains on **Thursday, April 28 at 1:30 p.m.** at the Village Center.

To register, stop by the Village Center or call 301-656-2797

Low Vision Support meets in person in April

The time has come for us to come together again! Join the Society for the Prevention of Blindness for an in-person meeting on **Thursday, April 28, at 12 p.m.** at Friendship Heights Village Center. Let's make this a time to reconnect, learn new things, and share our struggles and successes. Bring your ideas, questions, friends and family! Please feel free to bring your lunch with you. To register, please call (301) 656-2797.

Finding Relief from Spinal Stenosis

Spinal stenosis is a debilitating condition that involves the narrowing of the spinal canal. Hamid Hassenzadeh, M.D., Director of Orthopaedic Surgery in the National Capitol Region, describes innovative treatments for spinal stenosis that can help patients restore mobility and improve their quality of health during Suburban's Lecture on **Wednesday, April 13, from 1 to 2 p.m., via Zoom.**

To register and for Zoom access information, email info@friendshipheightsmd.gov.

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Independence Plus Friendship Heights

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England, continued from page 1

vividly alive today. They stand as monuments of the tumultuous Middle Ages, a millennium that saw a united England emerge from a collection of diverse peoples when the last Romans left in 400 AD. People looked to religion for solace in a world marked by chaos, the closeness of death, and the fear of hell. Small churches and great cathedrals became centers of social life as well as places of worship. Education and learning thrived, first in the monasteries, and later in the universities.

Please stop by the Village Center or call 301-656-2797 to reserve a seat.

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O: 301.298.1001
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Friendship Heights VILLAGE NEWS

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Email: info@friendshipheightsmd.gov

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April 2022 events calendar